



## be Still

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# The Bather

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- ▶ What inspired me to work on the female form was the belief that our minds can create our reality. Most of my life I had suffered from morbid obesity - reaching at one point 288 lbs. Most likely my body weight reached higher numbers, but I refused to step on the scale after observing the dreaded 288! I was suffering from low self esteem, depression, severe low back pain, tendinitis, plantar fasciitis and several other "itis" when I realized that the most powerful tool that I had available was my brain. If I was going to turn my life around, I had to learn how to master my body and re-create myself. I needed a visual image of how my new body was going to be and while imagining it gave me a good idea, creating it on canvas helped me to send out a message to the Universe.
- ▶ My first painting of *The Bather* started to reflect that new woman to be created. Placing her in direct contact with the ocean and nature meant that she was washing away all negativity. Placing her hands on her head symbolized that she was using her own hands to clean and transform herself. She faces the

mountains reminding her that the journey requires devotion, diligence and stamina. Her realistic body shape (not Barbie-like) reminded me that health and well-being were my ultimate goal. The second painting, *Sibyl*, followed on the same lines, but emphasized my passion for learning. My *Sibyl* has well-defined muscles (female form and power), but is more feminine than Michelangelo's. She is focused on developing her knowledge and she is aware of her strength and beauty.

- ▶ The sketch of *Birth of Venus* is an evolutionary follow-up of *The Bather*. She is more relaxed, has better defined forms and is more comfortable with herself. She trusts the ocean to support her new life and now she faces me - symbolizing that we have accomplished a great deal together. The mountains (obstacles) that kept her away from her true form, were now conquered, so they are out of view. *Venus* is not finished yet reminding that I have not yet materialized the female body that I have painted. I need to keep on working on this life long project.



***THE BATHER***

## ARTIST STATEMENT: PAULA WAZIRY



### ***THE BIRTH OF VENUS***

Paula Waziry is a trained Pharmacologist who is fascinated with the immune system, cancer development, pathogens interactions with hosts, nucleocytoplasmic transport and development of innovative therapies. Her research philosophy encompasses an integrated approach that takes in consideration the wellbeing of the person, rather than concentrating on specific diseases or organ systems.



***SIBYL***